

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

Advanced Lessons

ADV. WEAPON LESSON A7 _____

(Staff vs. Staff)

Both you and opnt are standing in casual R side up stance holding staff w/R hand palm up.

Opnt R diagonal hammers towards your head

- Step R foot forward & R diagonal hammer block stopping opnt's staff
- L Roundhouse elbow-type strike to opnt's staff knocking it away
- Step L up w/L & 2 handed back jab to any open face target
- R uppercut to groin
- L downward elbow-type strike to base of skull

Week 1 and 2 Exercises:

With staff: Lead Diagonal hammers/Rear roundhouse elbow combo, Lead 2 handed back jabs, Rear uppercuts, **Without Staff:** Outside crescent kicks from lead and rear, Spinning outside crescent kicks (starting in cross step if still struggling) Jumping spinning outside crescent kicks (stay with spinning if still struggling)

Week 3 and 4 Exercises:

Jamming the centerline snap kicks, Lead outside crescent kicks, Spinning outside crescent kicks, Jumping spinning outside crescent kicks, Jabs from jamming the centerline position, Rear straight knees

Adv Open Hand Lesson A8 _____

Both you and opnt start in neutral stance. Opnt steps up w/R and throws a R punch.

- Bring both hands into a cage position (jamming the centerline) as you R front snap kick to groin.
- R outside crescent kick to R side of jaw. (Opnt spirals down onto his back.)
- R front snap kick to rib cage.

Variation for non-limber students:

- Step in w/R & R straight punch nose instead of outside crescent
- L knee to groin

MD #4 (Mental Self Defense Technique)

Being able to forgive:

Often when someone has made a mistake that effects us negatively or does something to hurt us, it can be hard to forgive them. It's important to remember that when we continue to hold on to a past grievance it hurts us a lot more than it hurts the other person.

Forgiving does not mean that what happened was ok, or that you should forget; it just means that you have decided that it's not going to run your life and cause further unhappiness to you; even if that person has not apologized. You keep the lesson but move on.

Often conflicts happens when we are unwilling to forgive and try to find a way to "get back" at someone or let the anger build. You might have learned not to trust someone which is a good lesson but usually storing up anger or "getting even" will escalate the next conflict. that comes along.

"Forgiveness is a gift you give yourself"

Tony Robins—Motivational speaker/author